

# ABSTRACT

## **Title:**

Problems of basic playing football skills practice in children 6-8 years of age

## **Objectives:**

The aim of the thesis is to map the playing skills practice problems in children 6-8 years of age in Czech Republic and to map the influence of sports preparation on their improvement.

Another aim of this thesis is to compare the playing skills practice in particular divisions using the training units.

In order to determine the playing skills training practice in individual sections, a qualitative method of training units observation and communication with coaches as open dialogue are used.

## **Methods:**

Data for this thesis were collected using the method of document examination. Required information from various scientific publications dealing with the topic were gained using this method. I also used the method of direct observation of training units of various levels of performance of the divisions in South Bohemia. The Open Dialogue method was also used. Trainers of children 6-8 years of age were interviewed.

## **Results:**

Results show the importance of proper leadership and content of the training units in particular performance levels. Interviews with trainers and observation of training units proved the positive influence of sports preparation and its inclusion in the training process of small football players.

## **Key words:**

Youth, junior prep, basic playing skills, practice.